

## body MIND<sup>SM</sup>

Your Monthly Guide to Good Health

# Cold? or Allergies?

which is it...

**?** The common cold and allergies have similar symptoms, making it easy for people to mistake one for the other. However, the two can be differentiated by cause and duration. A cold is caused by a virus that is contagious and can be spread from person to person. Allergy symptoms are caused by hypersensitive reactions to particular substances called allergens—such as pollen, mold and dust mites—that may trigger a reaction from the body's immune system. While a cold generally lasts between 3 and 14 days, allergies can cause symptoms for weeks, months or even year round, depending on exposure to allergy triggers.

### Cold Symptoms

- Nasal congestion
- Sneezing
- Cough
- Sore throat
- Aches and pains
- Mild fever (rarely)

### Allergy Symptoms

- Nasal congestion
- Sneezing
- Itchy eyes
- Cough
- Sore throat
- Fatigue

### Treatment

The common cold is usually treated with rest, fluids and over-the-counter decongestants. These remedies might relieve symptoms, but cannot cure colds. Unfortunately, a cold has to run its course. Like colds, allergies cannot be cured; however, symptoms can be prevented or managed. The best way to prevent allergy symptoms is to determine which allergens trigger symptoms and then to minimize or eliminate exposure to those allergens. Left untreated, allergies can lead to more serious conditions including sinusitis, asthma and ear infections. Allergies are generally treatable with a series of allergy shots or medication.

If cold symptoms persist for longer than two weeks or you suspect that you suffer from allergies, contact a physician for diagnosis and treatment options.



# Smart Selections

## MAKE HEALTHY CHOICES WHEN DINING OUT

If you are like most people, you probably find it manageable to eat healthy meals at home, where you have control over the ingredients in your food. The good news is that with some knowledge about healthy choices, it is possible to make smart choices when dining out that can satisfy both your taste buds and your appetite without significantly compromising a healthful diet. Learning how to make healthy selections from restaurant menus can go a long way toward maintaining good health.

### CHOOSE WISELY

Too much saturated fat, trans fat, cholesterol, and sodium in the diet can increase risk for cardiovascular disease, stroke, some cancers and high blood pressure. Fortunately, many restaurants offer selections that are low in saturated fat, trans fats and cholesterol. The American Heart Association (AHA) suggests that by thinking ahead and making smart choices, you can follow a low-saturated fat, low cholesterol diet almost anywhere you go. Consider the following suggestions from the AHA.

- Ask about low-fat or fat-free choices.
- Stay away from fried appetizers and creamy soups. Begin your meal with a broth-based soup like minestrone.
- Request substitutions such as steamed vegetables instead of French fries, or request baked, broiled or roasted potatoes instead of fries. And ask for them without butter or sour cream.
- Choose lean meat, fish or skinless chicken.
- Order your entrée broiled, baked, grilled, steamed or poached rather than fried.

- Ask for low-calorie salad dressing or a lemon to squeeze on your salad instead of dressing. Order your dressings and sauces on the side so you can control how much you use.
- Ask that your food be made without butter or cream sauces.
- Order fresh fruit or fruit sorbet in place of cake, pie or ice cream.
- If it seems that everything on the menu is unhealthy, ask if the chef will make you a vegetable plate.
- At salad bars, stay away from high-fat items like cheese, cream dressings, croutons and bacon.

### A WEIGHTED ISSUE

Along with lack of sufficient physical activity, dietary choices are a major factor contributing to the obesity epidemic currently occurring in the United States. According to the Centers for Disease Control and Prevention, being overweight or obese increases the risk of many diseases and health conditions including coronary heart disease, type 2 diabetes, some cancers, high blood pressure, stroke, respiratory problems and osteoarthritis. Making healthy selections in restaurants, particularly if you eat out often, can make a big difference when it comes to achieving a healthy weight.

### PORTION DISTORTION

A common pitfall when dining out is portion sizes, which tend to be oversized in many dining establishments. Eating appropriate portions is an integral component to maintaining a healthy weight. To make an effort to eat smaller portions: request small portions from your server upon ordering; share a meal with a dining companion; or take one-half of your entrée home to eat another time.

**For additional information on making healthful dietary choices, consult your physician.**

## New Wellness Institute Outpatient Services

The Wellness Institute is now offering the following new outpatient services:

### Acupuncture

An ancient system of healing that allows the body to balance and heal itself. Used for joint pain, neurological problems, headaches, rheumatologic disorders, digestive disorders, infertility, sleeping disorders, stress, stroke, allergies, and more. Facial rejuvenation and cosmetic acupuncture are also offered.

### Medical Massage

Medical massage is performed with the intent of improving a health condition. A wide variety of ranges from gentle pressure to penetrating techniques are used to focus the treatment based on the diagnosed condition. Chair relaxation, Swedish, deep tissue, and sports massages are offered.

### Reiki

A non-intrusive, ancient, oriental art of hands-on healing that can help reduce pain, illness, and emotional trauma.

*For more information and pricing, call The Wellness Institute at 440-350-4512. To schedule an appointment, call Centralized Scheduling at 1-866-652-5253.*

## Lake Health Calendar of Events May

### Free Blood Pressure Screenings

We offer free screenings to check your blood pressure between visits to your physician. Stop by our urgent care centers during regular hours (call for hours: Mentor - 255-6400; Willowick - 585-3322; Madison - 639-0726; and Chardon - 286-8908). Or come on the following dates:

**TriPoint Medical Center – May 1, 9 am - 12 noon**  
**West Medical Center – May 15, 9 am - 12 noon**

### The Wellness Institute now offers Yoga!

The practice of yoga can help improve your health with stretching to tone your muscles and exercise your entire skeletal system. Some yoga workout programs are more challenging than others. Try a yoga program to find your preferred method. All programs are six weeks and are in the Physician Pavilion at TriPoint Medical Center.

Start dates are listed below:

Gentle Stretch Yoga-May 10 -2pm  
Gentle Yoga- May 10 -5:45pm  
Seated Stretch and Stretch-May 11-12:15pm  
Hatha Yoga-May 12-10:45am  
Uplifting Yoga-May 12-12:15pm

Call the Best of Health Line at 440-953-6000 or 1-800-454-9800 to register or for more information.



Lake Health offers a wide variety of programs for men, women, seniors and families. Please log onto [www.lakehealth.org](http://www.lakehealth.org) or call the Best of Health Line at 440-953-6000 or 1-800-454-9800 for more information.